

ENIGMA



FEBRUARY 2021

**GRANT'S
JOURNEY**

Farewelling
Grant Cooper

**NEW
MANAGER**

Meet
Gemma Griffin

**MONTHLY
FORUM**

Speakers and
connection

WIN A GROCERY VOUCHER

We are changing to an email newsletter. We are going to be sending out newsletters more often, and using email will help us to be more sustainable,

Please let us know your email address, so we can send you future newsletters. If you email your name and your email address to info@omhst.org.nz by 30th March 2021 we'll put you in a draw to **win one of three \$50 grocery vouchers.**

If you want to keep receiving a paper copy, we can send you one. Please let us know that you'd like to keep receiving a paper copy by emailing info@omhst.org.nz or calling 0800 364 462. We're updating our mailing list and would really appreciate your help.



WELCOME

Welcome to this edition of Enigma. It looks quite different to our previous newsletters!

We would like to better connect with people and are changing our newsletter to help do this. The newsletter will now be monthly, and will include information on events such as our groups and our new monthly forums.

The newsletter is now going to be distributed by email rather than by post - but we will still provide hard copies if you don't use email.

Please let us know if you have any feedback on our new newsletter. You can email me at gemma@omhst.org.nz or call 0800 364 462.



GEMMA GRIFFIN
MANAGER

GRANT'S JOURNEY

A message from our former Manager, Grant Cooper

I have been at OMHST for the last eight and a half years.

Now I am moving on in my journey to focus on working in the adult education area. I have learnt a lot from my time here in particular what I have learnt from the people I have connected with in peer relationships be it client or staff.

I am proud that OMHST uses the Intentional Peer Support model as a framework for our work. I particularly like the co-learning aspect where peoples' experiences of mental distress can be honoured and that our experiences can be a way to connect and provide hope and encouragement to each other.

I have learnt to listen more before jumping in (as I do like talking!). I have also learnt that challenging situations can be opportunities for me to grow (at the time it often does not feel this way!)

Everyone has a story and if we get the opportunity and privilege to be part of someone's story and for them to be part of our story, we can both benefit as a result. We often need the time to really get to know each other – to go past the labels and surface to what's underneath. To realise that we often have more things in common than we previously thought and that through greater knowing of each other we can both gain greater understanding.

Connecting with each other through sharing our stories to my mind is about promoting empathy over sympathy – empathy is about connecting, sharing a sacred space whereas sympathy moves into the problem-solving space.

The short video by Brene Brown Empathy vs Sympathy has been impactful on my life and connects well to the peer support work the Trust does. It can be viewed at <https://www.youtube.com/watch?v=1Evwgu369Jw>

Finally thank you to everyone who has enriched my life – in the big and small things. I wish you all a hope filled future and remember that your story is unique even if you feel it is full of rocks, there will be diamonds.



Gemma Griffin started as the new Manager of OMHST in October 2020. She is really enjoying the role and getting to know the team.

Gemma has worked in the mental health sector since 2007, in a wide range of roles. After initially working in a DHB in New Zealand, she moved overseas and completed internships at the World Federation for Mental Health (USA) and the World Health Organisation (Switzerland).

MEET GEMMA

Gemma then moved to South Africa, where she was the Co-ordinator of an Africa-wide mental health and HIV/AIDS project for an international NGO. On her return to New Zealand Gemma was employed as the Portfolio Manager (Mental Health & Addiction) for Southern District Health Board and was responsible for a funding budget of \$90million/year.

Gemma has a particular interest in quality improvement and organisational development, and since 2014 has worked as a consultant for a wide range of NGOs and government agencies.

Gemma lives with her young son in Dunedin.



"At first I was undone by the lockdown but by the end of it I discovered that I could be in my home alone. I found resilience I didn't know I had. "

"I actually discovered that I could sort through my belongings and feel pride in my home. "

"The lockdown made me realise I had been trying too hard by filling my days with events and outings. I have slimmed down my expectations of myself and spend more time at home. The difference in my wellbeing is noticeable."

"I rediscovered my garden. Such a joy."

"Time at home had me rediscovering things I used to do in the past. Writing letters, sketching, doing jigsaws, puddling around with sudoku and wordsearches. The lockdown had me exploring documentaries on YouTube. And Ted Talks. I learned heaps."

Some responses to Covid, and its silver linings.....

CONSUMER DISCRETIONARY FUND

Have you used mental health services in Otago? Are you a member of a group of people who have used mental health services in Otago? Do you need funding?

You may be able to access a small fund to ensure that your voice as a mental health service user is heard more widely.

The fund is intended for anything which might enhance the consumer voice in Otago. It can be used for travel costs, training, creation and distribution of resources, or towards projects such as production of art work or books which ensure that the voices of the people who use mental health services are heard more effectively.

For more information contact standardnine@omhst.org.nz and ask about the discretionary fund.



PIZZA

IN THE PARK

12 noon
1st March

Meet us by the
paddling pool
at Woodhaugh
Gardens.

IF IT RAINS...

Meet at the
OMHST office
at Dunedin
Community
House

JOIN US

**PLEASE RSVP TO
INFO@OMHST.ORG.NZ
0800 364 462**



C O F F E E & C O N N E C T I O N

C o f f e e / t e a o n u s !



MEET AT OMHST AND
WE WILL GO TO A CAFE
11TH MARCH
2PM

Now every

Wednesday

from 1 - 3.

Meet at OMHST.

Women's
GROUP



OMHST PRESENTS

Monthly Forums



Forums

We are going to hold monthly forums where we will invite speakers to present on different topics.

The forums will be open to anyone who would like to attend.

If there are specific topics you would like us to cover, please email them to gemma@omhst.org.nz

29th March

Speaker: Grant Cooper

Topic: World of Difference Programme

Grant will present on a new programme being run at the University. The programme aims to increase understanding about mental health among medical students. Students are taught by people with experience of mental distress, and visit community services like OMHST!

VENUE

Alexander
McMillan
Room,
Dunedin
Community
House

12pm - 1pm

Tea & Coffee
provided



Otago Mental Health Support Trust

www.omhst.org.nz

0800 364 462